HealthLine

DPA

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Healthy Frontiers® Wellness Program Continues

Great-West Healthcare, now part of CIGNA, continues to offer the Healthy Frontiers® wellness program in the FY10 plan year (July 1, 2009–June 30, 2010) to employees and their families enrolled in the state's self-funded medical plan (the OA options). This online and telephonic wellness program will help you identify health risks, adopt healthier lifestyles and access health advice when you need it. The program also features a 24/7 Nurseline to help you get health advice. And there is no additional cost to you.

Coming in September— Strive for 5 Healthy Frontiers Challenge

The **Strive for 5 Challenge** is a month-long challenge that encourages you to eat at least five servings of fruits and vegetables each day. Studies have found that fruits and vegetables are critical to promoting healthy bodies, lowering your risk of cancer, stroke and heart disease, while helping you control your weight.

September 1–30 Goal: 100 servings of fruits and vegetables

Sign in at **MyGreatWest.com** to find a tracking sheet and more information about this challenge.

What's a serving?

- 1 cup of leafy green vegetables
- ½ cup of chopped fruit or vegetables
- 1/4 cup or 2 tablespoons of dried fruit
- 34 cup or 6 oz. of 100% fruit or vegetable juice
- 1 medium-sized piece of fruit





Healthy Frontiers® has the tools you need to tackle stress, set goals, support heart health, and much more.

- Complete the health assessment for a personalized action plan.
- Manage health conditions through the healthy living programs.
- Get support from a personal health coach.
- · Participate in monthly online wellness seminars.
- Find weekly menu plans and exercise routines.
- Need advice? Contact the 24/7 Nurseline at 1-866-656-6678.

Lifestyle changes can be a challenge. The Healthy Frontiers® program can help you meet that challenge by providing you and your family members with information, motivation and advice. Experience good health and the highest quality of life possible by getting started today. Your journey begins here.

How to join Healthy Frontiers® (for those enrolled in the state's self-funded medical plan, the OA options)

- 1. Sign in to MyGreatWest.com
- 2. If you have previously registered, enter your username and password in the *Member Sign-In* box and skip to number five.
- 3. If you have not registered before, click on Register Now
- 4. Enter Member Information (Please have your ID card handy for reference)
- 5. Roll over the Wellness tab and click on Health and Wellness
- 6. Read the disclaimer and click on I Accept
- 7. Select My Health Assessment
- 8. To begin a new Health Assessment, select Click Here

If you have questions or problems, contact Great-West, now a part of CIGNA, at their customer service line exclusively for State of Colorado members, **1-888-788-6326** (**1-888-ST8-OFCO**).

Other Services and Resources Available with Your Medical/ Dental Insurance



If you have medical and dental insurance, you're probably aware of the basic services available to you. But there are many other services available, all for the purpose of keeping you and your family healthy, informed, or when you're sick, on the road to recovery.

Find out more about these and other services offered by

the insurance carriers/administrators for the State's plans by visiting the Web site listed or contacting the customer service number listed.

Self-Funded Medical Plan (OA Options) administered by Great-West Healthcare, now a part of CIGNA (mygreatwest.com/ 1.888.788.6326)

- 24/7 NurseLine—1.866.656.6678
- Mail-order prescriptions
- Disease Management programs—For asthma, coronary heart disease, congestive heart failure, chronic obstructive pulmonary disease, and types 1 and 2 diabetes
- Great Beginnings pre-natal program
- Healthy Frontiers wellness program
- Treatment navigator to calculate your out-of-pocket costs for 15 common medical procedures, based on your benefits plan and physicians and facilities you select.

Kaiser HMO—both the Denver/Boulder and Southern Colorado Plans (kaiserpermanente.org/Denver/Boulder—303.338.3800/Southern Colorado—1.888.681.7878)

- After hours care and medical advice: Denver/Boulder— 303.338.4545, Southern Colorado—719.444.2273, option 5
- · Mail-order prescriptions
- My Health Manager—online service that includes e-mailing your doctor, pharmacy center, My test results and scheduling appointments
- Health and Wellness—weight loss, healthy eating, smoking cessation, stress reduction, and more
- · Healthy living classes, Podcasts and Webinars
- Current health news and information (e.g., H1N1) and health topics A–Z

San Luis Valley HMO (slvhmo.com/719.589.3696/ 1.800.475.8466)

- · Disease management for several chronic illnesses
- Choice Connect (research claims, medical conditions and procedures and more)
- · ePHIT wellness program
- Healthy Choices program (care management, health and wellness, and more)

Self-Funded Dental Plan, administered by Delta Dental (deltadental.com/1.800.489.7168)

- Oral Health and Wellness—Answers to your oral health questions with information on dental care, specialties and a glossary
- · Dentist search



Beneficiary Financial Counseling

Part of Your Life Insurance Benefits

You have life insurance to take care of your family after you're gone, but the death of a loved one can leave a family distraught and their financial matters in a state of disarray. To help at this difficult, but critical juncture, free beneficiary financial counseling is available to all beneficiaries of employees covered by the Minnesota Life life insurance plan, both the state-paid coverage and any supplemental coverage.

The program is designed to help your beneficiary make sound decisions about pressing financial issues. Pricewaterhouse Coopers LLP (PwC) has been selected by Minnesota Life to provide this counseling.

How does it work?

When a beneficiary receives the paperwork regarding your life insurance claim, they will also receive materials explaining the financial counseling program. The package will outline the options available for the beneficiary and provide contact information for PwC. Other resources for your beneficiary will include the following.

- Beneficiary Guide—Easy-to-follow guidance on estate settlement, survivor benefits, financial planning and even nonfinancial issues.
- CounseLine—Unlimited, toll-free telephone access to PwC financial counselors for one year.
- Personal Financial Counseling—Six months of calls with an experienced PwC financial coach matched to your beneficiary for in-depth financial counseling.
- Personalized Financial Analysis
 —An easy-to-read and thorough financial plan designed to help beneficiaries understand their overall financial situation and plan for the future.
- eAdvisor—A planning tool that allows beneficiaries to access online financial calculators, guides, financial planning courses, articles and more.

Pricewaterhouse Coopers is a professional services firm with decades of experience in personal financial education and counseling. They provide objective, independent financial counseling with absolutely no product sales.

Updates & Reminders

- As a result of a federal mandate from the Centers for Medicare and Medicaid (CMS), the State now requires social security numbers (SSNs) for spouses and dependent children with medical or dental insurance. Covered dependents without SSNs by September 14, 2009, will lose their medical/dental coverage. Find instructions on how to add SSNs into the State's online Benefits Administration System (BAS) at www.colorado.gov/dpa/dhr/benefits, click on "Instructions to Add Spouse/Dependent Child's SSN."
- 31-day Window for Changes—For events such as BIRTH or MARRIAGE or when a spouse GAINS or LOSES benefits with their job, any change to your State benefits must be completed within 31 days of the event. Day One is the date of the event itself. If you miss this 31-day window, you'll have to wait until the next Open Enrollment to make your change.
- Do you know who your agency (department or institution) human resources personnel are? You can find a complete list
 of HR personnel, including benefits administrators, and their contact information, on the Employee Benefits Website—
 www.colorado.gov/dpa/dhr/benefits, click on "Your department's HR/Benefits personnel."
- Donations to Working Together
 — Working Together is a non-profit foundation established in 1992 to help fellow state employees in times of crisis. As the budget reductions start, the foundation needs your help to provide financial assistance to our colleagues. Donations are tax deductible. For information on how to donate go to www.state.co.us/dhr/wt or call 303-831-8645.

